

## Messiah Lutheran Church

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# Grace Note, September, 2008

### *From the Pastor*

"Be still, and know that I am God" (Psalm 46:10 NIV)

"To Be Is To Do" (Socrates)

"To Do Is To Be" (Plato)

"DoBeDoBe Doo" (Sinatra)

Recently a friend and I were talking about the difference between "doing" and "being." Most of us spend a whole lot of time "doing." We have jobs, families, and responsibilities that keep us on the run. But it goes even deeper than that. We listen to talk radio in the car, we watch the TV at home. We work on our computers and we talk on our cell phones. We strategize, organize, and prioritize. We are always "doing" something. Part of the problem lies in our culture. Most of us have the implicit belief that our worth is directly tied into what we produce... what we get done. If we aren't producing, we aren't happy. We are always looking to the next project, the next challenge. We judge ourselves in comparison to others and often find ourselves lacking, so we work harder. We become ever more frantic in the search for happiness. We find ourselves "doing, doing, doing."

The end result is lack of time to just "be." When was the last time you sat quietly without doing anything? When was the last time you shut off all the inputs the world throws on you and just let your mind relax?

"Be still and know that I am God." How many of us do that on a regular basis? And yet, I have come to believe that the key to contentment comes from this simple act. There is a sense of peace in knowing that God is God and we aren't. There is joy in the realization that God is bigger than all the problems that so occupy our minds.

This Fall as things get busier and busier, take time to "be." Set aside a space and a time to let your mind slow down and connect with the one who gives us all good gifts. It's not easy, but the rewards are great. We all need time to get off the treadmill in order to remember why we are on it in the first place. Start a daily habit of "being." Remember what they say, we are "human beings" not "human doings."

In Christ's name,

Pastor Fox

Wellness Note

### **Bare feet and puncture wounds**



If you step on an object outdoors and puncture your foot, the wound is vulnerable to infection. To prevent infection after a puncture wound, follow these tips.

**Call your doctor.** If you haven't had a tetanus shot within the last five years, he or she may recommend a tetanus booster shot within 48 hours of the injury.

**Rinse the wound thoroughly with clean water:** Then clean the wound and the area around it with soap and a washcloth.

**After cleaning the wound, apply a thin layer of an antibiotic cream ointment,** such as Neosporin or Polysporin.

**Cover the wound with a bandage** to help keep the wound clean and keep harmful bacteria out. **Change the dressing at least once a day** or whenever it becomes wet or dirty.

To prevent puncture wounds to your feet this summer, wear thick-soled shoes or sandals instead of going barefoot outdoors.

Source: Mayo Clinic Embody Health, May, 2007

Submitted by Peg Wilt and Kathy Strom, Wellness Co-Chairpersons, Nancy Coleman, secretary



### **Attention 7-12<sup>th</sup> graders!**

LYO (Lutheran Youth Organization) is open to all 7-12<sup>th</sup> graders. We will be having our first meeting **Saturday September 13<sup>th</sup>** from 5-7pm at the church. We will discuss plans for the year, including the possibility of heading to New Orleans for the National Youth Gathering in Summer 2009! Pizza and drinks will be provided. We hope to see you there!

**Attention 7<sup>th</sup> and 8<sup>th</sup> graders!** It's time for catechism classes to begin again. This is a two year course taught by pastor to learn the basics of the Christian faith. It culminates with our 8<sup>th</sup> graders confirming their faith at the end of the school year. Classes begin **September 21<sup>st</sup>**. We will meet at the church each Sunday evening at 7:00pm until 8:00 pm. Our first class on the 21<sup>st</sup> is informational and parents are asked to attend. It's going to be a great year!



**Wednesday Bible Study** resumes meeting on **September 17<sup>th</sup>**. We will meet in the conference room at 6:30pm. We will continue with a study of the book of Romans. Everyone is welcome to attend. No previous Bible knowledge necessary.



**Adult Sunday School** classes resume September 14<sup>th</sup> at 9:45 am. Pastor Fox will be leading us in an exciting new series. “Living the Questions” is a chance to explore the faith at a deeper level than ever before. Each class will include a short video segment with some of the best and brightest religious thinkers of our time. Following that will be plenty of lively discussion and learning. All are welcome to be a part of this class.

**SUNDAY, SEPTEMBER 14<sup>TH</sup>**  
**We return to our normal Sunday schedule:**  
**Worship Services at 8:30 and 11:00 am**  
**and**  
**Sunday School at 9:45 am for all ages**

**SEPTEMBER BIRTHDAYS**

- |  |   |
|--|---|
| <p><b>1</b>    <b>Laura Baumgardner</b><br/> <b>Jill Jeppe</b></p> <p><b>4</b>    <b>Paul Herold</b></p> <p><b>6</b>    <b>Rachel Imel</b><br/> <b>Luke Janzen</b></p> <p><b>7</b>    <b>Phyllis Anderson</b></p> <p><b>9</b>    <b>Austin Anderson</b><br/> <b>Andrew Pernsteiner</b></p> <p><b>10</b>   <b>Helen Conroy</b></p> <p><b>12</b>   <b>Meredith Moore</b></p> <p><b>13</b>   <b>Corinne Halberg</b></p> <p><b>15</b>   <b>Penny Rieck</b></p> <p><b>20</b>   <b>Kevin Moore</b><br/> <b>Grace Moore</b></p> <p><b>21</b>   <b>Richard Boehler</b></p> | <p><b>21</b>   <b>Bryan Carver</b><br/> <b>Brian Csumitta</b><br/> <b>Robert Jackson</b></p> <p><b>22</b>   <b>Lisa Halberg</b></p> <p><b>23</b>   <b>Lois Ehlenfeldt</b></p> <p><b>24</b>   <b>Doreen Buemi</b></p> <p><b>25</b>   <b>Christopher Halberg</b><br/> <b>Haylie Reichenbach</b></p> <p><b>26</b>   <b>Karen Dickerson</b><br/> <b>Tom Hodgkiss</b></p> <p><b>28</b>   <b>Sharon Craig</b><br/> <b>Amy Kovach</b><br/> <b>Donald Paul</b><br/> <b>Fred Moser</b></p> |
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**THE MEN'S MONTHLY LUNCHEON** will be on Friday, September 26<sup>th</sup> at noon at Milano's Restaurant located at Cuyahoga County Airport on Richmond Road.

## **MESSIAH MEN'S LUNCHEON**



Faith Circle



**FAITH CIRCLE** will resume meeting on Thursday, September 18<sup>th</sup> at 12 Noon. Please bring a sack lunch. Dessert will be provided by hostess Nancy Durst. Pastor Fox will continue to lead a study of "Women of the Old Testament."

**THE LITERARY LADIES BOOK GROUP** will meet Tuesday, September 2<sup>nd</sup> at 7:00 pm in the Church Library. The September book is "**Founding Mothers, The Women Who Raised Our Nation**" by Cokie Roberts. News political commentator and NPR news analyst, Cokie Roberts, didn't intend this as a general history of women's lives in early America – she just wanted to collect some great "stories of the women who influenced the Founding Fathers." For while we know the names of at least some of these women (Martha Washington, Abigail Adams, Eliza Pinckney) we know little about their roles in the Revolutionary War, the writing of the Constitution, or the politics of our early republic. In rough chronological order, Roberts introduces a variety of women, mostly wives, sisters or mothers of key men, exploring how they used their wit, wealth or connections to influence the men who made policy.

### **Attention! Attention all past, present and future CHOIR MEMBERS.**

Gemuthlekiet at the Lesters to kick off 2008-2009 choir season. Any interested singer or lover of singing, please feel free to join us at 6:30 pm on September 10<sup>th</sup>! Choir rehearsals are Wednesday from 7:30 to 8:30 pm. Join in a year of celebration through song! Remember anyone who sings, prays twice!!



**COLLEGE ADDRESSES.....**If your college student would like to receive the *Grace Note* each month, please e-mail, call the office, or leave the address in the office on Peg's desk.

### **NO ENTERTAINMENT BOOKS FOR SALE THIS YEAR AT MESSIAH**

Due to the increased availability of Entertainment Books in the community, sales have decreased dramatically. Lutheran Chaplaincy Service has decided not to sell the 2009 Entertainment Book. Thank you to all who have supported the sale of the books here at Messiah. –Phyllis Short

**PLEASE PRAY** for Lisa Perry, Sean and Christian Perry, Keith Janzen, Carol Lindeman, David Phoenix, Phyllis and Lawson Anderson, Barbara Budzinski, Adam, Alma Fanto, Jack Ferree, Murawski Family, Jeremy, Judy Robards, Harold Bode, Ruth Bode, Margurite Gardner, Ruth Waite, Gerald Ringler, John Rein, Alexandria, Ruth, Rhonda Duhn, Rachel Van Gilder, Gladys Elliott, Douglas Shroyer, Carol Grodell, Richard and Margaret Glenn, Todd Skiba.



God Hears and Answers Prayers



**MESSIAH'S GOLF SCRAMBLE** will be at Berkshire Hills Golf Club at assigned tee times from 12 noon – 1:30 PM.

**SAVE THE DATE**.....The 11:00 service on Sunday, October 19<sup>th</sup> will be held at Patterson Fruit Farm. There will be a potluck lunch after the service. Tickets will also be sold for the Fall Fun Fest at Patterson's. Additional information will be announced later.



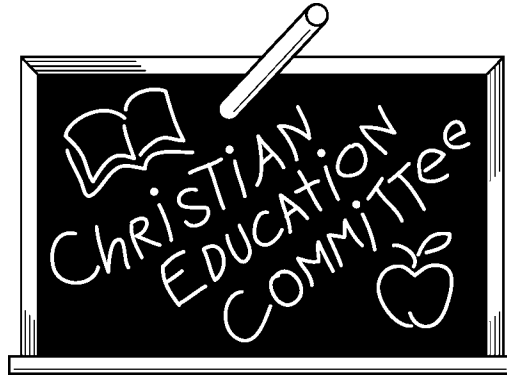
### **OPERATION CHRISTMAS CHILD**

It's not too early to begin thinking about Christmas. The Kids Helping Kids will begin collecting items to place in shoe boxes for Operation Christmas Child. So when you are buying school supplies for the child in your life, remember to pick up extra supplies. Bring them to church and place them in the Operation Christmas Child bin located by the children's mailboxes.

Items can include anything that can fit into a shoe box: crayons, markers, colored pencils, pencils, pencil sharpeners, scissors, pencil case, notebook paper, small notebooks, erasers, highlights, paints, etc. See Jayne Imel or Diane Herold with questions.



**OUR CONGRATULATIONS TO** Jessica Mills and Kevin Pietropinto who were married at Messiah on Saturday, August 17<sup>th</sup>.



### **FROM CHRISTIAN EDUCATION COMMITTEE**

The Christian Education Committee is gearing up for another great year. Please mark your calendars for the following important dates:

Saturday, September 6 – 11:00 a.m. - Sunday School Teachers Meeting

Sunday, September 7 – Rally Day

Teacher and Staff Installation during the Church Service

Join us for a cook-out provided by the Christian Education Committee and then participate in the Lyndhurst Home Days Parade or bring your lawn chairs and watch the parade from Messiah's front lawn.

Sunday, September 14 – FIRST DAY OF SUNDAY SCHOOL for all ages.

We are still in need of classroom assistants, substitute teachers and volunteers for Sunday School. If you can share some of your time, please contact Cheryl Moser, Jen Butler or Jill Jeppe

**THANK YOU – THANK YOU – THANK YOU – THANK YOU** to everyone who donated items to the Rummage Sale. With the matching funds from Thrivent, your generosity allows Faith Circle to receive \$140, and the Library Committee to receive \$550, with the remaining \$1,777.30 to be put in the Capital Reserve Fund. Our spirited volunteers did a wonderful job: Thank you to Sue Howe, Lois Ehlenfeldt, Denise Jennings, Sharon Stork, Cheryl Moser, Emily Maharg, Nancy Coleman, Carla Wollens, Vaughn Wingfield, Karen Zak, Samantha Milner, Phyllis Short, Mariana Treu, Mary Lou Bregitzer, Lynn Houllis, Jill Levine, Christen and Kimberly McCord, Peg Wilt, Leslie Hurwitz, Janet Scott, Dorothy Schneider and Bob Lucas. We had a great time – join us next year!



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Return Service Requested

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
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**Dated Information**  
Please deliver by  
September 1, 2008